



# Dolled up to the tune of \$200K?

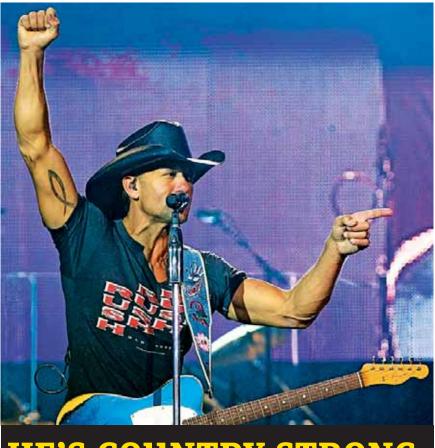
Sen. Mike Duffy's expenses included a makeup artist and personal trainer, the RCMP allege

### Go topless this summer ...

... with an open-faced hamburger. Add a generous helping of horseradish to give this dish a kick I AM WOMAN, SEE ME KICK BUTT

FROM FOXY BROWN TO VARLA TO LUCY, FIERCE FEMALES HAVE BEEN KNOWN TO SET THE BIG SCREEN ON FIRE PAGE 14





### HE'S COUNTRY STRONG

Country star Tim McGraw brought his Sundown in Heaven Town tour to Edmonton's Rexall Place Tuesday night, as part of a concert series during the 2014 K-Days. TOPHER SEGUIN/FOR METRO

# 50M reasons to keep a secret

### **Lotto Max.**

Edmonton couple reveal themselves as mystery winners of huge jackpot after seven months

If Bill and Andrea Groner tell you they can keep a secret, you can take them at their word.

For seven months, the Edmonton couple hid the fact that they were the winners of the second-largest lottery prize ever awarded in Alberta. On Tuesday, they finally came forward with the news that they held the ticket worth \$50 million.

"Do you ever play poker?" asked Andrea, 47, at a news conference announcing the win. "You never give up your secrets.

"We had to maintain a normal lifestyle until we got all our ducks in a row that we had to take care of in our own lives. We had to make sure those were underway first."

The winning numbers were for the Lotto Max jackpot of Dec. 20. Lottery officials went to the news media in June to say the huge prize hadn't been claimed and to remind the winners they only had a year to do so. They also urged people to check for any wayward lottery tickets that may have been tucked away. A buzz grew around who the mystery winners could be.

she stopped at a shopping mall to check the ticket at a self-serve scanner.

"I should have had my glasses with me," she recalled. "I had to get the retail clerk to tell me what was said on the self-scanner.

"She was more excited than I was. I was in disbelief."

The cautious couple, who said they prefer to keep their family out of the limelight, decided they'd allow themselves one celebratory dinner. They let a few close

### Poker face

"Things were going to get even crazier than we needed them to be at that time. We just chose not to discuss with people until we knew where we had to be and what we had to do to get our life in order."

Andrea Groner, one-half of the Edmonton couple who won \$50M — the second-largest

In reality, the Groners had been aware of their good fortune since two days after the draw. Andrea realized that she and Bill had won when family members in on the financial tsunami that had just washed over them and then resumed their normal lives.

THE CANADIAN PRESS

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### \$75,000 contract

### Former AHS exec admonished for conflict of interest

A former executive with Alberta Health Services has been rebuked by the public interest commissioner for breaking conflict-of-interest rules.

Peter Hourihan says the senior IT official delivered a \$75,000 solesourced contract to a firm in late 2012.

"The senior AHS executive was previously a partner with the awarded corporation and was a shareholder when the contract was awarded," Hourihan said Tuesday.

"This is a significant issue. A senior executive should have understood the importance of declaring a conflict when one

Hourihan said the official also co-signed the contract with the firm without proper authority. He did so after his subordinates signed a request to engage a consultant. They, too, did not have the authority to do so, said Hourihan.

All along, the official was aware of conflict-ofinterest guidelines, the commissioner said.

"Prior to recommending the contract, (the official) was provided a conflict-of-interest declaration document specific to the procurement of the computers," said Hourihan's report.

He said no disciplinary action was taken because the official has since left Alberta Health Services.

Hourihan declined to name the official, saying he didn't consider the offence serious enough to merit it. THE CANADIAN PRESS

## Cops seek suspect after chase

Edmonton police are looking for a suspect believed to be involved in an attempted kidnapping on Sunday.

At approximately 2:20 a.m. on July 20, police responded to the area of 104th Street and 24th Avenue after reports of an attempted kidnapping of a 23-year-old woman.

According to police, Kemol Creary, 25, attempted to kidnap the woman after she had been dropped off at home after work.

The woman was able to fight him off, police say, while

a witness called EPS.
Witnesses report that the man then used a stolen vehicle to chase the woman as she attempted to drive away.

ÉPS Air-1 was called in to search for the vehicle near Gateway Boulevard and 34th Avenue. The suspect's car smashed into a power box near 80th Avenue and Gateway Boulevard, then continued to park in the Whyte Avenue area.

When a police vehicle approached, the suspect fled and disappeared into pedestrian traffic on Whyte Avenue.

Creary is wanted for criminal hit and run, kidnapping, assault, dangerous driving, driving while suspended and criminal flight, among other charges METERO



# New 36-storey tower touted for downtown



Jasper House. Second, taller tower would follow if everything goes well: Developer



RYAN TUMILTY ryan.tumilty@metronews.

A Toronto developer is reaching for the sky with two new towers on 106th Street.

Brad Lamb announced Tuesday that Jasper House — his new building on 106th Street, just south of 102nd Avenue — will be 36 storeys tall.

Lamb is also planning a second, 40-storey building on 106th Street at 103rd Avenue, if all goes well with the first.

Lamb said the type of buildings his company likes to erect need that kind of height.

"It's hard to do beautiful buildings that are 15 storeys Wait

### 3 years

Lamb is planning an official launch in October but said the new tower won't open for at least three years, with the second following a year after.

or even 20 storeys," he said. "They end up being kind of fat and stubby."

Lamb believes the market in Edmonton is strong and said that, as long as the towers are well received, he plans to continue building here

He said the active nightlife the city is developing is key to attracting buyers for this type of building, and he applauded the city's moves on the new arena.

"We wouldn't be there if it wasn't for the arena," he said.

"The decision to put the arena downtown was the best decision."



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metronews.ca Wednesday, July 23, 2014 metr⊕

# Two-wheeled police force rolling though Edmonton

**EPS.** Officers seeing progress in downtown area through bike patrols



It's shortly before 10 a.m. on a July day and Edmonton police members in a downtown group bicycle ride make their first stop at Mary Burlie Park, just off 97 Street.

It's at this park where they find a handful of people lingering around, including one young woman asleep in the nearby community garden.

Sgt. Tony Parrotta spots a 26-ounce bottle of vodka halfemptied lying beside her and the 16-year-old girl is later arrested in connection with a drug operation.

Officers on bicycles consider this proactive policing, something they can do when riding on two wheels around

"Walking to me is probably the best way to get around, but with the bike, you're able to at a slow pace as well - cover more ground," said Parrotta.

Patrolling Edmonton on bikes is nothing new for the police force, but more officers are becoming trained in using bikes as a way to prevent crime and increase their visibility on



Police say that visibility meant one witness helped them address a spousal abuse issue near 107 Avenue and 113 Street during a July 10 ride. Splitting up, officers on bikes were able to catch and arrest a man in a nearby alleyway, while other officers helped the woman involved receive med-

Although the incident had already been reported to 911, the officer cyclists were able to free up their colleagues scheduled to report to the call.

"We just happened to be in the area, three blocks away, and the three patrol cars hadn't responded to the call, but because we were that much closer, we were already there," said Parrotta.

Follow along in this Metro threepart series about Edmonton police's bike cops as they patrol city streets.

### Downtown

### Advantages to policing by bike

The "Wheels of Justice" are moving through the downtown core — mak-ing community policing a visible force.

Wheels of Justice is the unofficial name for 20 officers on bicycles who take part in the downtown division's weekly group rides. "Take the lane," says

one, as the convoy moves in unison into a road lane on Jasper Avenue during a July 10 ride.

About once a week, officers in specific downtown beats take part in a group bike ride.

We're more approachable on a bike than we would be in a car," said Sgt. Tony Parrotta with the downtown division.

Starting off as a group, officers later ride away to their specific patrol areas or to respond to nearby

Officers say being on bikes allows them to be more discreet in catching illegal activity, compared with vehicle patrols.

"Sometimes we'll ride right up to drug transactions and they won't hear us," said Parrotta.

Day and night officers take to their bikes to help patrol the city, something they plan to continue.

You're more approachable to stakeholders, community members, (and you're) still able to cover large areas," said

STEPHANIE DUBOIS/METRO



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# Police cyclists opt for practicality over style

Sure, there are Edmonton police officers on bikes around the city, but what does that bike look like?

According to Sgt. Tony Parrotta, the bicycles are nothing

"There's a lot better bikes out there, but for budgetary reasons we don't need to have the best of the best, we just need to have something practical," Parrotta said.

Equipped with 27 gears, front-wheel shocks and LED emergency lights, the bicycles also have a small kit that can hold any documents or firstaid materials that may be

Officers who are part of the bike training program also re-



ceive special footwear, bike shorts and moisture-resistant

Each member who is a part

of the program is assigned a bike, which is tuned up a minimum of twice a year. STEPHANIE DUBOIS/METRO





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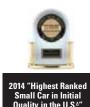
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metronews.ca Wednesday, July 23, 2014



# Parents beg for return of stolen pendant that contains son's remains

'We just want it back.'
Couple's nine-year-old
son Dawson was killed
in a plane crash in
Manitoba last year



LEAH GERMAIN leah.germain@metronews.c

The family of a young boy killed in a plane crash last year is begging Edmontonians to keep their eyes open for a stolen cross pendant that carries their son's remains.

Crystal Pentecost clung to a framed picture of her nine-year-old son Dawson Tuesday, with her husband David standing close by, as she pleaded for the city's help.

After moving to the city

two weeks ago to start a new life, Pentecost said she wasn't expecting the crossshaped pendant, which hung from her husband's rear-view mirror, to be stolen.

"We'd just really like his remains back," said Pentecost through tears. "We're not used to the city."

According to Const. Mike Roblin, the necklace was hanging from the rear-view mirror of a white Dodge Ram when it was stolen near 113 Avenue and 86 Street on Friday.

Roblin said it appeared that the thief attempted to steal the truck, but couldn't because of an alarm system. Along with the necklace, the suspect made off with a handful of spare change.

"It's a nice-looking chain and I think it's an opportunity he saw something nice Tips

EPS is asking anyone with tips to call 780-423-4567 or #377 from a mobile phone.

when he couldn't get the truck," Roblin said.

"When they told me what was taken, it was heart-breaking. It's one of those things insurance can't cover, you can't replace it," he added.

Dawson Pentecost was killed in a plane crash in Manitoba last year.

Police report a suspect, described as blond with curly hair, wearing red-and-white shorts and in his late 20s, was seen attempting to break into the truck just after 9 a.m. on Friday.

"We just want it back," said Crystal.

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# Chicken pilot project coming to council

### **Backyard hens.** Plan would mirror urban bees



Chickens could soon find a roost in Edmonton backyards, under a new pilot program city councillors will consider next month.

standards Community branch manager Dave Aitken confirmed councillors are going to be presented with the option at a committee meeting on August. 18.

Aitken said they want the pilot to help guide a possible new bylaw that would allow for chickens across the city.

"It will outline a very similar approach to the one the last report on bees took,"

Earlier this month, councillors approved a pilot program for urban bees that will help the city develop a

Aitken said if council approves a similar bylaw for chickens the goal will be to learn about issues like odour, predators and other problems that might crop up.

"What the pilot will endeavor to do is gather information about all those

aspects that we are not quite sure about in an urban setting," he said.

Daniel Aire had to give up four hens his family was keeping in their McCauley backyard because they ran afoul of the bylaw. Aire said he believes a pilot would be a good way to get people used to the idea.

"It's a good way to launch a program without freaking everybody out," he said.





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### Three local men arrested, face several drug charges

Three local men are facing a slew of drug charges after allegedly providing free drug samples to youth in Old Strathcona last week.

According to Edmonton Police Service, the three suspects were arrested for reportedly offering youth free samples of cocaine-based drugs, which included contact information for potential purchases.

Police say the suspects allegedly made these "curb-side transactions" from a white Dodge Ram pickup truck, parked in Old Strathcona near 103 Street and 83 Avenue.

Jesse Levesque, 22, Chris Hefford, 22, and Dan Friedrick, 25, are being charged with trafficking, possession for the purpose and living off the proceeds of crime.

The bust was part of a twoday initiative between EPS members from Old Scona Beats and Drug Undercover Street Team (DUST). METRO



On sale starting July 23

### New plates to support troops

Albertans now have a new way to show their support for the military with a new Support Our Troops licence plate initiative.

Announced Tuesday, the new plates will be available for purchase starting July 23 for \$75.

For every licence plate sold, the province will give \$55 to the Support Our Troops program. **METRO** 

### Collision. One man dead after fatal motorcycle crash outside of Leduc

One man is dead after a fatal crash between an SUV and a motorcycle on Tuesday morning south of the city.

Just before 8 a.m., Leduc RCMP responded to the crash site on Highway 19, just west of Highway 2.

According to RCMP, the 53-year-old male of the declared motorcycle was

dead on scene and the driver of the SUV was taken to hospital with unknown injuries.

Police initially closed Highway 19 between Range Roads 253 and 254, while investigators analyzed the scene, but it has since reopened.

There is no word yet on the cause of the collision.

metronews.ca
Wednesday, July 23, 2014

# Victims' bodies removed from plane crash site in east Ukraine

Flight 17. Bodies will be flown to the Netherlands, where the majority of victims are from, to be identified

A train bearing the dead from the downed Malaysian airliner finally reached Ukrainian government-held territory Tuesday, but the pro-Russian separatists in control of the crash site showed little willingness to allow the full-scale investigation demanded by world leaders.

Five days after the plane was blown out of the sky, refrigerated railcars bearing victims' bodies — gathered up after several days in the sun — rolled out of the war zone and into the city of Kharkiv.

The dead will be flown to the Netherlands, the homeland of most of the victims, for identification. The Dutch government declared a day of



national mourning Wednesday, as the country prepared for the arrival of the first bodies in the afternoon

It was unclear how many

of the 282 corpses reported found so far were on the train. The crash killed all 298 people aboard Malaysia Airlines Flight 17 Jan Tuinder, the Dutch official in charge of the international team dealing with the dead, said that at least 200 bodies were aboard the train and

### Warship sale continues

France says it will go ahead with the sale of a warship to Russia despite calls for an arms embargo against the country, highlighting how Europe's business ties hinder its ability to punish Moscow over the crisis in Ukraine.

 French President Francois Hollande said that if the deal were cancelled, they would have to reimburse Russia 1.1 billion euros.

that more remains could be found once the body bags are examined fully.

The flight data recorders will be examined by British air accident investigators. At the crash zone, Malaysia Airlines officials walked the site wearing backpacks, photographing the scattered debris.

THE ASSOCIATED PRESS

**Conspiracy theories** 

### Russian media speculation paints Ukraine as crash culprit

An assassination attempt against Russian President Vladimir Putin; a desperate ploy to draw the West into the battle for Ukraine's east; a botched mission to commit mass murder against Russian citizens: Russian news consumers are getting plenty of explanations for the downing of Malaysia Airlines Flight 17, which killed 298 people.

Yekaterina Andreyeva, one of Russia's most famous TV anchors, delved into one theory hours after news of the crash broke: Putin, travelling home from Brazil, passed along the same flight path as the Malaysian passenger jet less than one hour before it was hit, suggesting an assassination attempt.

By Friday morning, the assassination theory was replaced by other scenarios. THE ASSOCIATED PRESS

# Nigerian president meets parents, classmates of kidnapped girls

President Goodluck Jonathan met for the first time Tuesday with parents of 219 kidnapped Nigerian schoolgirls and dozens of classmates who managed to escape from their Islamic extremist captors.

Jonathan assured them of his determination that those still in captivity "are brought out alive," presidential spokesman Reuben Abati told reporters after the meeting.

It was "a very successful event," said Abati. Some of the girls described their escapes and Jonathan gave assurances that the education of the girls and their still-captive classmates would not suffer in any way, he said.

"Mr. President reassured them of the federal government's determination and his personal determination to ensure that the girls that are still in captivity are brought out alive. He made it clear that is the main objective of the government," said Abati.

The parents emerged from the closed-door meeting without showing emotion, but some shook hands with the president.

The delegation of 177 met with Jonathan, said Lawan

Abana, spokesman for the community of Chibok, the town where the schoolgirls were kidnapped. An AP reporter counted 51 of the 57 girls who escaped after their abduction.

Jonathan was accompanied in the meeting by the ministers of education and finance, and his national security adviser. Also present was the Gov. Kashim Shettima of Borno state, from which the girls were abducted. Shettima has accused Jonathan of not doing enough to save the girls and has angered the government with his charges that Boko Haram fighters are better armed and motivated than Nigeria's military.

Tuesday's meeting came after some parents refused to meet Nigeria's leader last week. For months the parents have been asking to see the president and he finally agreed to a request from Pakistani activist Malala Yousafzai.

The failure of Jonathan's government to rescue the girls has prompted an international campaign and daily #Bring-BackOurGirls rallies in Abuja, the capital, to ensure attention for the girls' plight.

THE ASSOCIATED PRESS



### Chibok under siege

# Attack, illness kills 11 parents

Since Islamic extremists first kidnapped more than 200 Nigerian schoolgirls, 11 of their parents have died, town residents say.

The town where the girls were kidnapped, Chibok, is cut off by militants, who have been attacking villages in the region. Seven fathers of kidnapped girls were among 51 bodies brought to the Chibok hospital after an attack on a

nearby village this month, said a health worker who insisted on anonymity.

At least four more parents have died of heart failure, high blood pressure and other illnesses that the community blames on trauma due to the mass abduction, said community leader Pogu Bitrus.

"One father of two of the girls kidnapped just went into a kind of coma and kept repeating the names of his daughters, until life left him," said Bitrus. THE ASSOCIATED PRESS

# Charges. New court docs allege five 'inappropriate expense claims' by Duffy

The RCMP alleges that Sen. Mike Duffy charged taxpayers for a personal trainer, a make-up artist and for the cost of personal travel to funerals and other ceremonies.

New court documents provide fresh details on 31 charges laid against Duffy last week, alleging five "inappropriate expense claims associated with personal attendance at funeral and related ceremonies."

According to the documents, the claims were filed from June 2009 to September 2012 and contain "false or misleading information."

Duffy is also accused of fraudulently awarding a

\$65,000 contract to his long-time friend, Gerald Donohue.

That money was allegedly used to "facilitate" payments to three other people, including an Ottawa personal trainer and a self-employed makeup artist, according to the court filing.

The RCMP announced last week it was charging Duffy, who denies any wrongdoing, with 31 criminal counts related to his expense claims, accusing him of misspending more than \$200,000. The charges stem from the senator's housing and travel expenses, and a \$90,000 payment from Nigel Wright, the former chief of staff to the prime minister. THE CANADIAN PRESS

### 'Modern day slavery'

### Members of Hungarian human trafficking ring deported

Twenty members of a Hungarian human trafficking ring that brought people from eastern Europe to Canada with promises of a better life have been deported, Public Safety Minister Steven Blaney said Tuesday.

He said the victims were forced to work illegally, live in deplorable conditions without adequate food and were intimidated or attacked repeatedly. The RCMP has previously said the victims were mostly poor Hungarians who were duped into coming to Canada and forced to work for free, in a case of "modernday slavery." THE CANADIAN PRESS

metronews.ca Wednesday, July 23, 2014 **NEWS** 

# **UN chief hopes to end Israel-Palestine fighting**

### 'Hope and belief.'

Ban Ki-moon says a ceasefire is possible, despite obstacles

The UN secretary-general said Tuesday it is his "hope and belief" that his emergency mission to the Middle East will lead to an end to the fighting between Hamas and Israel "in the very near future.'

Ban Ki-moon told the Security Council by videoconference from the West Bank city of Ramallah that he could not publicly reveal details "at this highly sensitive moment." As he started to address the council, a siren could be heard in the background.

The UN chief has also visited Qatar, Kuwait, Cairo and Jerusalem and said he will go on to Jordan and Saudi Arabia on what he called a mission "of solidarity and peace" to quickly end an escalating twoweek war between Israelis and Hamas militants who control the Gaza Strip.

Their third conflict in just over five years has already claimed the lives of at least 609 Palestinians, according to the Gaza Health Ministry, the vast majority civilians. Twenty-nine Israelis have been killed - 27 soldiers and two

In the past three days, Ban has met with the head of the Arab League and Arab, Palestinian and Israeli leaders, as well as U.S. Secretary of State John Kerry and Norway's foreign minister. He also spoke to French President Francois

He cautioned, however,



- Casualties. At least 29 Israelis have been killed, of whom 27 soldiers and two civilians. At least 609 Palestinians have been killed, according to the Gaza Health Ministry. More than three-quarters are civilians, including at least 152 children.
- The fate of an Israeli soldier who went missing in Gaza remains unknown.

that "of course, there are many obstacles and complexities."

Ban said "the most promising prospect of a ceasefire" is an Egyptian initiative to return to the cessation of fighting in November 2012 that has been endorsed by Palestinian President Mahmoud Abbas and the Arab League - but not Hamas.

The UN chief stressed, however, that a ceasefire without addressing the root causes of the Israeli-Palestinian conflict will only delay the problem for yet another time.

"The cycle will continue except the bitterness and hatred will become that much more entrenched each time



City on Monday. Khalil Hamra/The associated press

it comes around," Ban said. "Quite simply, if a people are left with despair and occupation, the problem won't disappear, it will only grow."

U.S. Ambassador Samantha Power told the council that "an immediate ceasefire could not be more urgent or more important" and stressed that the United States "will not rest" until the fighting ends and the underlying issues are resolved leading to a two-state solution.

Riyad Mansour, the Palestinian UN ambassador, demanded to know what the Security Council is doing "to stop this bloodletting, to stop

Israel's atrocities" and uphold its responsibility to protect civilians.

He urged the council, which is often divided on the Israeli-Palestinian conflict, to adopt a resolution demanding an end to the fighting.

He said a resolution backed by the Palestinians and their supporters will be circulated to the 15 council members later Tuesday.

"Without decisive action, the council's resolutions and statements ring hollow as defenceless civilians find no relief from the murderous Israeli war machine," he said.

THE ASSOCIATED PRESS

### Tel Aviv. Airlines cancel fligths to Israel after a rocket lands near airport

In a sign of increased caution about flying near combat zones, U.S., Canadian and European airlines halted flights to Israel Tuesday after a rocket landed near Tel Aviv's Ben Gurion Airport.

Delta Air Lines and United Airlines suspended service between the U.S. and Israel indefinitely, while US Airways scrapped its one flight

to Tel Aviv Tuesday.

Air Canada, Germany's
Lufthansa, Air France and Alitalia also cancelled flights to Tel Aviv over safety concerns amid the increasing violence. Dutch airline KLM also cancelled Flight 461 from Amsterdam to Tel Aviv because of the unclear situation at and around the airport. Greece's Aegean Airlines also cancelled flights from Athens and Iraklio to Tel Aviv on Tuesday and Wednesday, citing "operational reasons.

The actions come days after a Malaysia Airlines jet was shot down over eastern Ukraine with 298 people on

The Israelis are fighting Hamas militants in the Gaza Strip in the third war in just over five years. Israeli police confirmed that a rocket from Gaza landed in an area near the airport. Police spokeswomen Luba Samri said Tuesday's rocket landing was the closest to the airport since fighting began on July 8.

Malaysia Airlines Flight 17 was shot down over eastern Ukraine Thursday while flying at 33,000 feet.

### Ottawa. Protesters call on Harper to denounce Israel's military strikes

Tempers flared briefly as protesters marched through downtown Ottawa Tuesday, calling on Prime Minister Stephen Harper to denounce Israel's military actions in Gaza.

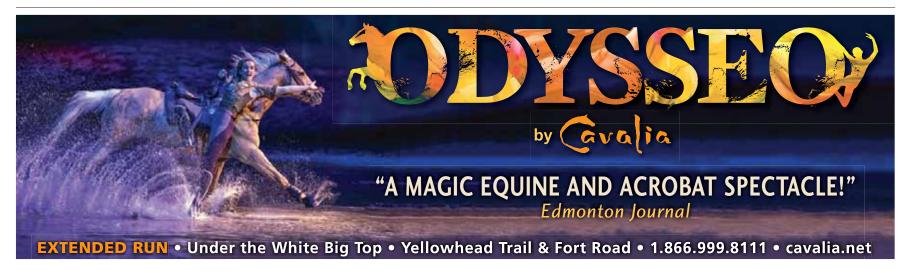
Hundreds of Palestinian-Canadians and their supporters demonstrated in front of Harper's Langevin Block office building before heading to the Israeli embassy a few blocks away.

As they marched past Parliament Hill, there were screams of "shame, shame" when a handful of pro-Israel demonstrators draped in an Israeli flag shouted "no more



terror" from a nearby side-

Police and march organizers were able to contain the crowd and keep the two sides apart. THE CANADIAN PRESS



metronews.ca Wednesday, July 23, 2014 metr⊕ **NEWS** 

### Moon landing

### Obama has private meeting with Apollo 11 crew

This week's 45th anniversary of man's first landing on the moon is being celebrated at the White House.

U.S. President Barack Obama met with representatives of the Apollo 11 mission in the Oval Office Tuesday morning. Apollo 11

landed on the lunar surface on July 20, 1969. Astronaut Neil Armstrong, the first human to walk on the moon, died two years ago.

Armstrong's fellow crew members, Buzz Aldrin and Michael Collins, were among those who met with Obama, along with Armstrong's widow, Carol. NASA administrator Charles Bolden also participated in the private meeting.

THE ASSOCIATED PRESS

### Paid plasma clinics

### **Ontario introduces** bill to ban paying donors for blood

Ontario's governing Liberals say they plan to join Quebec in banning payments to people for their blood and blood plasma, following the opening of two paid plasma clinics in Toronto.

They introduced legislation Wednesday that also

incorporates changes recommended in the wake of a probe into why more than 1,200 cancer patients in Ontario and New Brunswick received diluted chemotherapy drugs.

The proposed measures include giving the Ontario College of Pharmacists the power to inspect and license hospital pharmacies and potentially other locations in the future.

THE CANADIAN PRESS



### Boy who will be king turns 1

Prince William and his wife Kate visit the Sensational Butterflies exhibition at the Natural History Museum in London with their son in this photo taken July 2 but released Monday to mark Prince George's first birthday Tuesday. John Stillwell/the Associated Press

### **Actress Pinto** speaks up for mutilated girls at U.K. summit

Girls' rights. Slumdog Millionaire star calls for increased efforts to abolish practice of female genital mutilation

Actress Freida Pinto of Slumdog Millionaire fame has joined forces with girls' rights campaigners in calling for an end to the practice of female genital mutilation.

The Indian actress, an ambassador for an international children's development organization, called Tuesday for more progress to abolish the practice as she addressed Britain's inaugural Girl Sum-

UNICEF, the United Nations' children agency, said some progress has been made on ending female genital

Also to address the summit was Malala Yousafzai, the teenager who was shot by the Taliban and recovered to become a global campaigner for education and women's rights.

mutilation, most commonly practised in Africa and the Middle East. It is still highly prevalent in Egypt, Sudan, Mali and Somalia.

The agency and Britain's government hope that the summit will help galvanize action to end the practice within a generation.

The one-day event also focused on child marriages, which UNICEF says affects 700 million women alive today, especially in sub-Saharan Africa and South Asia. THE ASSOCIATED PRESS

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### **British Columbia.**

Christy Clark claims LNG industry will help clean up the Earth, as well as B.C.'s debt

British Columbia's Premier, Christy Clark, says B.C.'s proposed liquefied natural gas industry has the power to fight air pollution in China and clear up smog in Los Angeles.

The premier's natural gas development minister also boasted to delegates at the same conference on Monday that the LNG industry will clean up the provincial debt.

Clark told the Pacific Northwest Economic Region gathering, where business and government leaders from provinces, territories and U.S. states gathered to address policy issues, that LNG will fight harmful greenhouse gas emissions world-



Children wearing masks walk and ride home after school in Beijing earlier this year. Air pollution kills about seven million people worldwide every year, says a report from the World Health Organization from March, THE ASSOCIATED DESSERVED.

wide, but it may also increase those same emissions in B.C.

"This is our biggest opportunity we've ever had to reduce greenhouse gas emissions worldwide," Clark told a crowd in Whistler, B.C. "Studies have shown cleaner air here. Cleaner air in China means fewer smog days in

Los Angeles."

She said China plans to reduce its energy dependency on coal and is looking to increase its use of natural gas by four per cent, which is not a large number, but is equivalent to all the greenhouse gas emissions in B.C. for a period of 18 months.

THE CANADIAN PRESS



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### Husi Food Co. Expired meat scandal spreads to Burger King, Starbucks in China

A reported meat scandal in China engulfed Starbucks and Burger King on Tuesday and spread to Japan, where McDonald's said the Chinese supplier accused of selling expired beef and chicken had provided 20 per cent of the meat for its chicken nuggets.

Chinese authorities expanded their investigation of

the meat supplier, Shanghai company Husi Food Co. A day after Husi's food processing plant in Shanghai was sealed by the China Food and Drug Administration, the agency said Tuesday that inspectors also will look at its facilities and meat sources in five provinces in central, eastern and southern China. THE ASSOCIATED PRESS

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metronews.ca Wednesday, July 23, 2014 **VOICES** 

## **WORSHIPPING THE GREAT WHITE**

Jaws is back.

But, instead of mass hysteria, the great white shark is now spawning retail frenzy along the banks of old Cape Cod.

Shark sightings have increased in recent years along with the increase in shark bait: big, tasty (if you're a shark) grey seals.

But instead of freaking out, people are flocking to the area to spot a shark and attack the racks, where they can buy great-white inspired T-shirts, hoodies, hats and cute little stuffed sharks.

People love sharks, and they love great whites most of all.

The 1975 movie, Steven Spielberg's first blockbuster, has earned about \$2 billion US, adjusted for inflation, and its ominous duuun-dun, duuun-dun music continues to resonate up and down our

The success of Jaws led to a sequel and perhaps the greatest movie tagline in history: "Just when you thought it was safe to go back in the water."

It also led to the summer blockbuster: the bloated multimillion-dollar overabundance of special effects and bad acting that has spawned a creature even scarier than a shark. His name is Michael Bay. He directed the Transformer movies.

Just when you thought it was safe to go back in the theatre.

Hysteria aside, there have been 106 unprovoked great white shark attacks in U.S. waters, 13 of them fatal, since 1916.

### Myth vs. hype

Shark scientists believe that most great white attacks on people are of the experimental variety, or test bites.... I can testify that when someone on a paddle board comes screaming by, shouting: "Shark! Shark in the water!" you don't spend any time wondering about the myth versus the hype.



**Paul Sullivan** metronews.ca

You're as likely to be attacked by a

Štill, unlike the pleasingly plump and (usually) indolent seal, the great white has a powerful grip on our imaginations - as you might expect from a creature that can grow up to seven metres long, swim 65 kilometres per hour and bite with the force of 4,000 pounds, whatever that means.

Shark scientists believe most great white attacks on people are of the experimental variety, or test bites.

"It kind of looks like a seal, so I'll just give 'er a nibble.'

There is learned speculation that great whites don't even like the taste of humans, which is probably cold consolation for those swimmers down one leg on account of a test bite.

I can testify that when someone on a paddle board comes screaming by, shouting, "Shark! Shark in the water!" you don't spend any time wondering about the myth versus the hype. You just get the hell out of the water as fast as you can.

Four-thousand pounds of force, indeed,

One good thing about all this great white shark worship: There could be as few as 3,500 great whites left in all the world's oceans after decades of over-fishing, mostly for shark fin soup.

Although it's probably too little too late, a

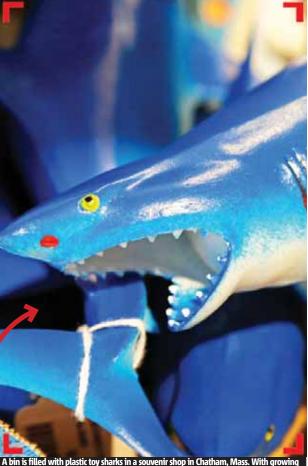
little respect from its foremost predator is exactly what the great white shark needs.

Follow Paul Sullivan on Twitter @breakthroughpr

### AUGMENTED REALITY

→ Still scared? Scan the photo with your Metro News app to see the er Chrissie's last swim still gives you chills. Steven

opening of the 1975 movie Jaws and find out wheth-Spielberg's first blockbuster led to a sequel with the eeriest of taglines: "Just when you thought it was safe to go back in the water."



A bin is filled with plastic toy sharks in a souvenir shop sightings of great white sharks off Cape Cod, local ent ir shop in Chatham, Mass. With gro

### MetroTube

### **Kayakers** having a whale of a time



Listen ... "whales are huge" is an absurdly obvious thing to say. The word "whale" itself is a synonym for things that are particularly gargantuan.

Heck, the blue whale is the largest animal to ever call our planet home. The evidence is in. It's settled. Whales are huge.

But then you see something like this jowl-jellying encounter between some Argentine kavakers and a few visiting whales, and what's left to say about an animal that resembles a small island emerging from an undersea eruption? (Gisela6652/YouTube)



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14 SCENE metronews.ca Wednesday, July 23, 2014

# Woman enough to kick butt as all-out action stars

Violent femmes. From wild pussycat Varla to Foxy Brown and now Lucy, fierce females tear up the big screen



IN FOCUS Richard Crouse scene@metronews.ca

Pam Grier walks into a bar. Sounds like the beginning of a joke, but it's actually the setup for one of the great fight scenes of the 1970s.

Grier played the title character in 1974's Foxy Brown, a woman who poses as a highend escort to get revenge on the gangsters who killed her G-Man boyfriend. When her undercover work brings her to a seedy bar, she confronts Bobbie, a tough-talking patron (played by Jeannie Epper who was also Lynda Carter's stunt double on Wonder Woman).

"Listen, skinny," says Bobbie, "before you start talking tough, I better warn you. I got a black belt in karate. So why don't you get out of here quietly, while you still have some teeth left in that ugly face?"

Before you can say, "You go, girl," Foxy clobbers Bobbie with a wooden stool, slamming her in the face then shattering it across her back.

"And I got my black belt in bar stools!" says Foxy.

Grier could deliver a line and a punch, attributes that allowed her to cut a swathe in the male-dominated action movie market of the 1970s.

This weekend Scarlett Johansson adds to Grier's kickbutt legacy on the big screen with Lucy, an all-out actioner about a woman who becomes a superhuman when a drug allows her to use 100 per cent of her brain capacity. "I'm able to do things I've never done before," she says. "I feel everything and can control the elements around me."

Johansson joins a list of dangerous distaff action stars like Michelle Yeoh (Crouching Tiger, Hidden Dragon), Jenette Goldstein (Aliens), Angelina Jolie (Wanted, Salt, Mr. & Mrs. Smith, Lara Croft: Tomb Raider) and Uma Thurman (Kill Bill, Parts 1 & 2) who have given Schwarzenegger and Stallone a run for their money.

Perhaps the wildest female action movie of all time is 1965's "ode to female violence," Faster, Pussycat! Kill! Kill! starring Tura Satana as

f the thrill-seeking go-go dancer Varla.
Experienced in martial arts, Satana did her own sturts

did her own stunts and brought her unique style leather black gloves, Germaine Monteil eyeliner and layers of Max Factor pancake makeup the film.

She even supplied some of

# AUGMENTED REALITY How powerful is the mind?

→ How powerful is the mind? Lucy's trailer takes a look at what would happen if you actually used 100 per cent of your brain. Scan this photo with your Metro News app to see it!



→ See the full instructions on Metro's Voices page.

the movie's most memorable

When a gas station attendant ogles her cleavage while extolling the virtues of being on the open road and seeing America, Satana ad libbed, "You won't find it down there, Columbus!"

Time critic Richard Corliss called Satana's performance "the most honest, maybe the one honest portrayal in the [director Russ] Meyer canon and certainly the scariest."

"I took a lot of my anger that had been stored inside of me for many years and let it loose," Satana said of her most famous role.

"I helped to create the character Varla and helped to make her someone that many women would love to be like."

Pam Grier in Foxy Brown. CONTRIBUTED

### The Imitation Game. Cumberbatch plays codebreaking math genius

The trailer for a new biopic about Alan Turing, directed by Morten Tyldum (Headhunters) has been released, featuring Benedict Cumberbatch as the brilliant mathematician, whose exceptional intelligence was not always an advantage.

The Imitation Game tells the story of Turing, the British mathematician and cryptanalyst who is widely considered to be the founder of computer science. Benedict Cumberbatch (Sherlock, 12 Years a Slave) plays the title character, joined by Keira Knightley and Matthew Goode.

The biopic focuses primarily on the war years, during which Turing worked at the British government's codebreaking centre during the Second World War. His innovative solution for deciphering the Nazis' Enigma code laid the groundwork for his development of computer science in the years after the war.

The Imitation Game will arrive in theatres in the U.S. on Nov. 21. AFP



### Second season coming

### Fargo gets new cast, new crime

FX is taking another trip to Fargo, where the cast is changing but some of the characters are not. The network announced Monday that it has renewed the series for a second season with new actors, time period and crime. Season 2 will be set primarily in North Dakota in 1979 with a younger version of the Lou Solverson character (played by Keith Carradine in Season 1). The earliest the series will air is fall

THE ASSOCIATED PRESS

### Musician guest stars

### Sons of Anarchy cast Love, Manson

Courtney Love and Marilyn Manson have roles on the upcoming final season of Sons of Anarchy. The musicians join such previous guest stars as Stephen King and David Hasselhoff as unusual casting choices in the motorcycle club drama on FX. "We try to have some things that are fun," said creator and executive producer Kurt Sutter. Love plays a teacher, and Sutter, a self-professed "huge" Nirvana fan, said, "I thought, who better than Courtney Love?" THE ASSOCIATED PRESS

metronews.ca Wednesday, July 23, 2014 DISH 15



# Zac's got a tiger on his back the morning after his night with Michelle

Zac Efron and Michelle Rodriguez's summer fling seems to be going strong, as the Neighbors star was spotted leaving the Fast and the Furious actress's home on a recent morning, overnight bag in hand, according to E! News. The pair were reportedly living it up the

night before at the Chateau Marmont with some pals, including Robert Pattinson. But Efron's overnight bag wasn't his only interesting accessory during his walk of shame. He also carried a skateboard and donned a jacket with a ferocious tiger on the back. Quite the look, Efron.



# Emma Stone puts friendship with Colin Firth to the text

It turns out being pals with Emma Stone can get kind of annoying, especially if you're a film star. Her Magic in the Moonlight co-star Colin Firth says his mobile was blowing up while Stone watched his 2004 film Bridget Jones: the Edge of Reason because the actress decided to live-text the plot to him. "She's talking through my back catalog via text," Firth tells the Daily

Beast of the experience. "I might decide to not revisit stuff in the past, and then you get a good friend saying, 'Oh, when you were doing this you had this and that expression on your face. Stone, for her part, totally cops to the text barrage, but seems to have no remorse. "You were very upset with me, if I remember correctly," she tells Firth.

### The Word

### My sweet lord! Bark beetles pine for late Beatle's memorial

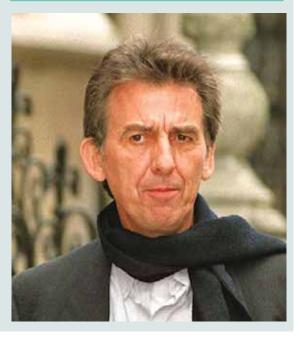


**EHRBAR** 

The world has a sick sense of humour sometimes. Case in point: George Harrison's memorial, planted 10 years ago in L.A.'s Griffith Park to honour the late Beatle. The pine, which had grown to 10 feet by last year, has been felled by ... beetles. Los Angeles city councilman Tom LaBonge tells the L.A. Times that the living memorial had fallen victim to "bark beetles and ladybug beetles, among other treeunfriendly creatures," but at least there are plans to plant a replacement. Let's just hope the hungry insects haven't set their little beetle eyes on Strawberry Fields next.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES





George Clooney, social climber? The Ocean's 11 star allowed his recent Variety interview to stray ever so briefly onto the topic of his engagement to human rights lawyer Amal Alamuddin, but just long enough to offer a concise summary of the pairing: "I'm marrying up," he tells the publication. Better be careful, Ms. Alamuddin. This Clooney guy might be a bit beneath you.



@kevin\_nealon STAY CALM...AND YOU'LL LIKELY DIE!



@msleamichele Cheers Italy! A toast to the most amazing trip ever!



@johncusack I unfollowed a bunch of folks to make room for some random different voices nothing personnel! Will follow back again!!



# Downey brings in the biggest bucks

Leading the Avengers is clearly good for your balance sheet, as Iron Man star Robert Downey Jr. has topped Forbes magazine's list of Hollywood's highest-earning actors for the second year running, taking home an es-



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### Navigate foreign languages

1. Buy language apps for your phone and practise with them in advance. (Read the reviews first.) 2. A pocket phrase book can be pulled out at lunchtime not only to help order food but to refresh your phrases. 3. Don't be afraid to try;

case you need to order 10 beers.)

people will appreciate your effort.

4. Must-learns include: Yes, no, hello, goodbye, please and thank you; two beers, please; where is the toilet?; may I have a receipt, please? 5. You should also learn how to count to 10. (In

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DOUG WALLACE/METRO

### Offload a room with roomertravel.com

It doesn't happen very often, but it does happen: You get stuck with a non-refundable hotel room you can't use and you have to hide the credit card bill to avoid the shame. Roomertravel.com buys and sells hotel rooms in cities all over the world, with a high concentration in the U.S. It works in more or less the same way StubHub.com sells





### Gastro travel is on the rise

Food and travel is always a delicious combination. This is where Foodie-Trips.com comes in, to help food fans expand on their culinary knowledge by going on food-oriented adventures to some exceptional places. This new tour outfit has developed taste experi-



ences that will see you baking pain au chocolat in Paris, hunting for mushrooms in northern Italy, trapping lobster off Prince Edward Island or stirfrying noodles in Singapore. DOUG WALLACE/METRO

# Come play with the Little Prince

### **New theme park.**

A park in the east of France celebrates life's small pleasures couched in the theme of a beloved character

Tucked into a corner of eastern France where overseas tourists rarely venture, the Park of the Little Prince takes its name from one of French literature's most beloved characters — and takes its cues from a simpler time when roller coasters didn't set out to terrify, living room televisions didn't have multi-player 3D video games and theme parks were scaled for the small.

The park, which opened July 1, is perfect for visitors looking for a way to entertain small children who might have had their fill of road-tripping through the French, German or Swiss countryside.

It's located in Ungersheim, in the heart of the Alsace region, about 50 kilometres (30 miles) from Basel, Switzerland, and about 15 kilometres (10 miles) from the German border.

There are 31 attractions based loosely on the theme of

The Little Prince is a space explorer and author Antoine de Saint-Exupery was a well-



known pilot. He got his pilot's license in Strasbourg, the regional capital of Alsace.

Attractions include two tethered passenger balloons, a film about deep-sea mysteries



rial view of the Park of the Little P

### **AUGMENTED** REALITY

→ Scan this Little Prince photo with your Metro News app to see a video highlighting some of the features in the theme park — including a delightful hot-air balloon ride that soars high in the sky!



→ See the full instructions on Metro's Voices page.

watched from the perspective of a water scooter, and visits with real fox cubs or a flock of sheep with their sheepdog.

Despite the smattering of high-tech, the park — like the book, which was published in 1943 — is more about slowing down and taking stock of the

- Park of the Little Prince. parcdupetitprince.com. In Ungersheim. Open 10 a.m.-7 p.m. Adults, \$30, children 3-11, \$21, children younger than 3 free. Family pass (2 adults, 2 children), \$94.
- Getting there. Highspeed trains serve Strasbourg, about a 90-minute drive from Unaersheim.

small things that delight.

And remember, as the Little Prince said, "children should always show great forbearance toward grown-up people."

Try telling that to your excited kids as you walk through an amusement park's gates.



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SUMMER IN ALBERTA

17



# Hiking the Athabasca Glacier



A guide holds the photographer's son Keifer over a 'kettle hole' at the



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Exploring the Columbia Icefield is a blood-pumping, stomach-churning experience

TODD KOROL

From Highway 93, running through Jasper National Park, the Athabasca Glacier looks daunting to climb. The glacier sits in a bowl surrounded by cloud-shrouded mountain peaks. My son, Keifer, and I have come to hike the glacier with our guide, Corin Lohmann, four Kiwis and a dog

dog.

My blood starts pumping rapidly after the first vertical steps and soon we find ourselves among rugged rocks, walking past small Arctic flowers and streams of very cold water running at the

base of the ice.

Everything is dwarfed by the scale of the glacier and the short, 60-day growing season. Trees that are 150 years old seem like matchsticks lining the tops of ridges.

When I hit the ice, I slip the ice cleats on the bottoms of my hiking boots. "We don't want anyone falling into an ice hole," Lohmann tells us. Indeed, hikers have fallen into ice holes and have had to be rescued by Parks Canada. "That's a good thing about your park pass; it includes getting rescued in the National Park," he grins.

As the ice crunches underneath our feet, we make our way up the glacier as largewheeled, red buses full of tourists pass.

There are three ways to discover the glacier: You can hike it on your own. (Not recommended unless you really know what you are doing.) You can take a tour bus from

the ice fields centre. (Hop on, ride up and hop off on the ice.) Or you can go on one of the Ice Walks tours, which my group quickly agrees is the best option.

Our first stop is at a simple metal pole sticking up through the ice. The pole is used to measure how much the glacier is melting in a year. With the top of the pole just 30 centimetres above the ice, no one pays it much attention. As the group chats, Lohmann walks over and grabs a pole lying on the ice. He hoists it up in the air, towering almost five metres above him. "This is how much the ice melted last year," he states.

The group suddenly falls quiet. Our next stop is an ice plug. The plug is covered in snow and occurs over a melting ice hole. Some here can be more than 30 metres deep. "You don't want to take a ride down one of these," Lohmann says. He hangs onto the arm

of each person in the group so they can peer down the blue and black abyss. When Keifer's turn comes up, his face lights up with the sense of adventure a 17-year-old has. My stomach quickly gets tight.

"That was so cool!" says Keifer as we hike back.

In the distance, on the way down, we see a dwarfed hiker walk along the top of a mountain peak. "It really puts you in your place," one of our New Zealand friends remarks.

We stop to fill our water bottles with fresh, clear glacier water. "This is probably pre-Industrial Revolution water," says Lohmann.

As we listen to the ice crunching below our feet, and look at the ice hanging over the rugged ridge lines, Keifer and I take sips of our water.

"This water tastes amazing," he smiles.

"Yes," I say. "And that was so much better than taking the bus up the glacier."



metronews.ca
Wednesday, July 23, 2014

# You've got one 'yes' on the table, but what about that role you really want?

### Juggling job offers.

It's wonderful to be so wanted, but what to do when the employer needs an answer now?

### SHIORI MINE

Metro World New

You've finally made it and gotten a solid job offer, but are you celebrating too soon?

While it's a struggle to get noticed by HR and hiring managers for coveted positions, you may encounter a rare situation when you interview for more than one role — ending up with an offer from one employer while you're waiting to hear back from another (which you prefer more).

It may have taken a lot of work get your first "real" offer, but you shouldn't accept simply because it's the



only one you've received.

hoping to hear from. ISTOCK

How can you manage this difficult scenario of risk versus reward?

### Understand hiring timelines

In an ideal world, you would

hear from both employers at the same time.

Since this isn't likely to be the case, anticipate the crisis by asking about deadlines during your interviews.

If you know a decision

won't be made for weeks yet, you may need to make a calculated gamble, or accept the initial offer.

### Review the offer

Gaining more information may help you simplify a tough decision. It's easy to get caught up in the excitement of an offer coming your way. Take some time to review the offer itself and ensure you understand how it compares to the job you are hoping to land.

If there's a significant difference in the opportunities, you may need to reflect on your short- and long-term goals before making a decision.

### Indicate that you have an

By sharing that you have an offer, you're communicating openly with your potential employer and hopefully encouraging them to make a decision before your window of availability closes.

### Think about it

### Does the offer give you at least 75 per cent?

- You can never have it all (at least not right away), so you need to know your priorities.
- Do you value workplace culture and mentorship? Or are you looking for a big challenge and creative freedom?
   Is it the money or the dream that you need now?
- There are a lot of questions to consider, but if you feel

the offer does not satisfy your needs and values, it may be time to walk away.

- Like any job hunter, you need to consider your personality and values when making this decision: Are you a risk taker, or do you lean towards caution?
- Be confident, don't look back and remember you are still young, so there's no such thing as mistakes, only lessons that will drive you forward.

It's important to consider all of the available facts before making this move. Some employers may be skeptical and doubt your honesty, while others may appreciate the disclosure and use it to their advantage.

You may have to rely on

your overall impression of how well you fared in the hiring process — and how open your prospective employer is.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

# The face-to-face faux pas

### Success in the sitdown. Ace any interview by burying a few common blunders

LAUREN MARINIGH In a competitive job market, it can be pretty hard to land an interview. When you manage to get one, it's important to make the most of the opportunity. Here are some common mistakes that may be stopping you from interview success, whether that means getting hired or progressing to the next stage of the hiring process.

Abandon these bad habits

and your interviews will have a much higher chance of a positive outcome.

### Behaving unprofessionally

Regardless of your chosen industry, previous experience or the nature of the position at hand, professional conduct is absolutely vital.

Dress to impress at every interview you attend, even if

it's a casual work environment. Overdressing is better than underdressing. Avoid wearing sandals, short skirts, T-shirts, jeans or shorts.

Map out your route in advance, and be sure you have an alternate plan if there are any issues en route. If you're traveling to an unfamiliar area, you may want to test out your route beforehand.

Time how long it will take to get to your interview, and allocate extra time for traffic. Make sure you arrive on time—which means arriving early. Aim to be at the interview site 15 to 30 minutes ahead of time. Arriving too early can catch an interviewer off-guard, so be prepared to spend some time at a nearby coffee shop or other venue until it's appropriate for you to show up.

Once you arrive to your interview, turn off your phone. If a phone goes off in the interview, you might as well get up and leave.

Tip: You are under scrutiny from the moment you enter the interview location. Assume a confident, professional bearing in advance of your arrival.



### Winging it

You read the job description and decided that you're a perfect fit for the role — but landing the interview doesn't mean anything is for sure. A lack of preparation will make it harder for you to shine in an interview, particularly if you're unable to answer simple questions about the company's operations.

Remember, an interview is not just about your skills and experience. Capable interviewers will also be looking to assess your personal and professional fit. Make sure to read about the business. Note things like their mission, CEO's name, values, and services.

Have a good understanding of the actual position you

are interviewing for. Can you identify the major skills and experience that would make someone an asset for the role?

Don't forget to study your own resumé.

Having a detailed knowledge of the company is just part of the picture — making compelling connections between the role and your own skills is vital for success.

Tip: Research sample interview questions online. Choose several at random. Could you compose a competent answer on the spot?

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# Burger loses its top bun but gains a kick

### **Burger Condiment. Chickpea Hummus**

This hummus is great to dip into with raw veggies or is a great addition to top off

hamburgers or sandwiches. You could also enjoy it on its own in half a whole

wheat pita with tomatoes and cucumber slices.

Hummus is made with chickpeas, which are a great source of protein.

**1.** In food processor, pulse together chickpeas, peppers, tahini and cumin. With food processor running, add oil and water until very smooth. Pulse in lemon juice and garlic.

- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1/2 cup (125 ml) chopped roasted red peppers or 1 red pepper, roasted, peeled and seeded
- 1/4 cup (50 ml) tahini
- 1/2 tsp (2 ml) ground cumin
- 2 tbsp (25 ml) extra-virgin olive oil • 2 tbsp (25 ml) water
- 1 tbsp (15 ml) lemon juice
- 1 small clove garlic, minced



This recipe makes five servings. EMILY RICHAI

### **Open-Faced Horseradish Burger.** The spicy condiment pairs so well with beef that this dish is sure to become a summer staple



DINNER

Beef and horseradish are a perfect combination, making this burger a hit with meat lovers. For a spicier horseradish flavour, simply smother the top with some more horseradish.

- 1. In bowl, stir onion, garlic, horseradish, steak sauce, mustard, Worcestershire, oregano and pepper. Add bran and wheat germ, stir to coat. Let stand 5 minutes. Using slightly damp hands, mix in beef until mixture is well combined.
- **2.** Form meat mixture into 5 patties about 1/2-inch (1 cm) thick. Place on greased grill or in non-stick skillet for about 12



From your fridge to your table in 30 minutes or less

minutes, turning once or until no longer pink inside. Place patties on each half of buns. Top with lettuce and tomato

### Ingredients

- 1 small onion, grated
- 1 clove garlic, minced
- 2 tbsp (25 ml) horseradish
- 2 tbsp (25 ml) steak sauce • 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) Worcestershire
- 2 tsp (10 ml) dried oregano
- 1/2 tsp (2 ml) freshly ground black pepper
- 2 tbsp (25 ml) each natural bran and wheat germ
- 1 lb (500g) extra-lean ground
- 2 1/2 whole wheat buns
- 4 leaves lettuce
- 1 tomato, sliced



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# Jays' Happ provides steadying influence

MLB. Left-hander comes up with big dominant start in Toronto's bounce-back game vs. Red Sox

J.A. Happ faced pressure before he even stepped on to the mound Tuesday night at Rogers Centre.

A night after the Blue Jays got blown out of the dome by the Red Sox, they needed a strong performance from the next starter. Happ gave them

that with six shutout innings and Toronto hitters woke up to rebound and beat Boston 7-3.

"Everybody knows, especially after last night, that demolition, we knew we got to come through today," catcher Dioner Navarro said. "We were expecting J.A. Happ to give us a shot and he did a great job and the offence came through."

Happ (8-5) dominated in what manager John Gibbons called the lefty's best start of the season. He allowed five hits and struck out four while throwing 68 of his 103 pitches for strikes.

But what Happ did particularly well Tuesday night was work out of trouble. He got an inning-ending double play in the third, escaped a bases-loaded jam in the fourth, stranded a runner at third in the fifth and was masterful in getting a double play and then a final

strikeout in the sixth.

"I was trying to just take breath and make a pitch," said Happ, who never looked fazed when runners were in scoring position. "It's a confidence-builder, gives you more confidence as you keep going out there and try to execute pitches."

Given the jams he got himself into, Happ was far from flawless. He also got some help defensively, like when third baseman Munenori Kawasaki sprinted into foul territory to make an over-the-shoulder catch to end the second.

THE CANADIAN PRESS

### Will Ford

### Riders sign former Bombers all-star

The Saskatchewan Roughriders added running back Will Ford to their practice roster Tuesday.

The five-foot-11, 195-pound Ford spent the last two seasons with the Winnipeg Blue Bombers. Ford was an East Division all-star in 2013 after rushing for 594 yards and two touchdowns while adding seven catches for 41 yards in 13 regular-season games.

Ford, 27, also registered 45 kickoff returns for 1,047 yards and two TDs and was twice named the league's special-teams player of the

Ford was released by the Bombers earlier this season without appearing in a game. THE CANADIAN PRESS

### Donald Sterling

### **Donald Sterling** files new lawsuit against wife, NBA over Clippers sale

Los Angeles Clippers owner Donald Sterling has filed a new lawsuit in his attempt to retain the team and derail a potential \$2-billion sale.

The lawsuit filed Tuesday in Los Angeles County Superior Court names estranged wife Shelly Sterling, the NBA and commissioner Adam Silver, saying they committed fraud and violated corporate law in their attempt to sell the team to former Microsoft CEO Steve Ballmer.

The suit lists many arguments already being heard in a probate court trial on the legality of the Ballmer deal.

THE ASSOCIATED PRESS

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Rams draft pick Michael Sam addresses the media during a press conference on May 13 in Earth City, Miss. The SEC co-defensive player of the year said he's in the best shape of his life, dropping 13 pounds in the month since the team's last OTA workout. DILIP VISHWANAT/GETTY IMAGES

# Sam eager for next step in the NFL

### Rams training camp.

Openly gay lineman just trying to earn roster spot

Now it starts to get intense for Michael Sam and the rest of the St. Louis Rams rookies.

The first openly gay player drafted in the NFL is enthusiastic about the challenge. Twice on Tuesday, he mentioned how enjoyable it was being back on the field and trading wisecracks with teammates.

"I'm so excited to be back with the guys," Sam said. "Football's fun."

Sam hopes there will be less attention about his sexual orientation, but added his focus has to be on making the team. He said he's in the best shape of his life, dropping 13 pounds in the month since the last OTA workout, weighing in at 257 pounds.

"Feeling great," he said. "It's just where I want to be speedwise, so I can run fast and make plays. I want to be as fast as I

He didn't have much to say about his experience at the

### **AUGMENTED** REALITY

→ Scan the image with the Metro News app for more news from NFL training camps on Tuesday.



→ See the full instructions on Metro's Voices page.

ESPYS, where he received the Arthur Ashe Courage award and got a hug from Hall of Famer Jim Brown on his way to the stage.

"You know, it was a great award and I had a great time in L.A." Sam said. "But that's over and I'm focusing on football now."

Just as they did after the draft and during OTAs, teammates didn't seem to care that Sam was gay. Offensive lineman Demetrius Rhaney had only compliments.

"He's a football player, he's not a bother," Rhaney said. "He's laid-back, funny, jokes a lot. Pretty good."

THE ASSOCIATED PRESS

### Cycling

### Three-time world champion finally wins a TDF stage

Riding in his 10th Tour de France, three-time world champion Michael Rogers of Australia finally got his first stage victory in cycling's greatest race on Tuesday by leading a breakaway group to a downhill finish as the pack entered the Pyrenees.

Italy's Vincenzo Nibali, finishing about 8-1/2 minutes back, reined in his top challengers and retained the yellow jersey after Stage 16. THE ASSOCIATED PRESS

### MLB

### Yankees trade for **Chase Headley**

Trying to boost one of the weakest lineups in the American League, the New York Yankees acquired third baseman Chase Headley from the San Diego Padres on Tuesday for rookie infielder Yangervis Solarte and minor league pitcher Rafael De Paula. THE ASSOCIATED PRESS

### MLB

### Hip injury puts Tulo back on DL

Major league batting leader Troy Tulowitzki has been placed on the 15-day disabled list by the Colorado Rockies because of a left hip flexor strain.

The 29-year-old all-star shortstop is hitting .340 and is third in the NL with 21 home runs.

THE ASSOCIATED PRESS

### Soccer

### **Dunga** returns to humbled Brazil

Brazil is bringing back Dunga to coach the national soccer team, four years after he was fired from the same job. Tuesday's hiring comes two weeks after Brazil was eliminated from the World Cup in a humiliating 7-1 loss to Germany in the semifinals.

THE ASSOCIATED PRESS

### NHL

### Leafs hire new assistant GM

The Toronto Maple Leafs have hired Kyle Dubas as their new assistant general manager. Dubas, 28, spent three season as GM of the OHL's Sault Ste. Marie Greyhounds and was the second youngest GM in OHL history when he was appointed to the post in 2011. THE CANADIAN PRESS



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- Transmission. Six-speed automatic
- Base price. \$26,540 (plus destination)

### Market position

The Chevrolet Silverado comes in three cab configurations (Regular, Double and Crew) and in a range of trim lines to suit various needs and budgets. As with Ford and Ram, heavy-duty models are also available.

### Points

- This is the first year for the High Country, a top-line luxury trim model that roughly corresponds to GMC's Sierra Denali.
- A new bumper step and corresponding hand-hold is a simple but effective method of accessing the truck bed.
- Changes include new styling, projector headlamps, more differentiation between the trims, and a new avail-



able 6-foot-6 bed on the Crew

### Interesting features

An available MyLink infotainment system, high-wear cloth upholstery, forward-collision and lane-departure warning with vibrating seat alert, park assist, and power sunroof.

# Chevy gets back in the game PHOTOS: CONTRIBUTED





**1** Ford F-150 Base price: \$19,999 The outgoing 2014 makes way for an all-new, aluminumbodied 2015 model later this



**2**Base price:\$26,995 Three engines are available, including the only diesel engine currently found in a light-duty pickup truck.



Toyota Tundra Base price: \$26,950 Toyota offers two V8 engines, and has updated its styling and suspension for 2014.

**Review.** The improved Chevy Silverado and GMC Sierra pickups narrow the gap with their competitors

### **MCINTOSH**

There are few auto segments more fiercely fought than the pickup truck market, and few as diverse. Buyers range from those who tow massive campers and horse trailers to those who drive them primarily as big cars.

Because of this, automakers are updating their trucks far more frequently than they did in the past.

General Motors has introduced an all-new Chevrolet Silverado for 2014, along with its mechanically identical GMC Sierra twin. This truck had been lagging behind some of its competitors for a while, but it's now firmly back in the game.

The three available engines are the same size as on the last-generation model — a 4.3-litre V6, a 5.3-litre V8 and a 6.2-litre V8 — but they're entirely new, and they come with fuel-saving technologies.

One of them is cylinder deactivation, which seamlessly shuts the engine down to four cylinders when full power isn't needed. That's becoming relatively com-

mon on V8s, but it's rare to see it on a V6, as here.

On the Double Cab, the rear doors are now hinged at the front instead of the back, making it simple to

get into the rear seats. On all models, the doors are now flush with the body, rather than extended into the roof, which helps reduce noise. Overall, this is probably the

quietest truck cabin on the market, and the redesigned interior is both handsome and functional.

A lower hip point on the seat makes it easier to get into this big truck. The new suspension and electric power steering have been tuned for responsive handling and a smooth ride, and it's a good driver.

It also tows well, although competitive trucks produce more torque than Chevrolet, with engines comparable to the Silverado's 5.3-litre V8.

Chevy hasn't leapfrogged over the competition with this truck, but the considerable improvements warrant serious consideration those in the market.



metronews.ca
Wednesday, July 23, 2014

# So you want to be a race-car driver

**Get ready to shake some hands.** James Hinchcliffe warns there's as much work off the track as on



AUTO PILOT Mike Goetz drive@metronews.ca

As far as jobs go, you could do a lot worse than IndyCar

Sure, you have to work weekends during the summer, but the money's not bad. Neither is the satisfaction level. It's way fun, too. And the teams always provide high-quality meal spreads on race days.

So maybe you saw last weekend's IndyCar double-header in Toronto, and it got you thinking that you should seriously pursue race-car driving as a career, or at least consider it for a fallback position should

your current gig as wedding planner, audiologist, or telephone marketer not pan out.

Well then, you've come to the right place. Because we recently got some insight into the race-driven life from James Hinchcliffe, Canada's top IndyCar driver.

We caught up with him at a Honda Canada press event at Canadian Tire Motorsport Park (formerly Mosport), a few days before the big races in Toronto.

The first thing we learned is that race drivers do a lot of this promotional stuff. Hinchcliffe figures it's about a 70/30 split for out-of-the-car promotional duties versus in-car race-car duties. The sheer volume of the former was the thing that surprised him the most when he first made the leap to the big leagues.

"In the junior categories, all you have to worry about is driving the car. Now, all of sudden, you have to worry about media and sponsors. That's one thing people don't appreciate — how lit-



tle time we have in the car, and how much we are working outside of the car."

In addition to the practices and racing on race weekends, Hinchcliffe says drivers may only get one extra tech day a month. Quite a difference, he noted, from something like a professional hockey player, who's on the ice almost every day during the season.

"Other sports are also

not quite as sponsor-dependent," he explains. "It's the nature of the sport."

And although there is a big team element to a successful race, that doesn't mean the whole team shoulders the promotional activities. The driver is the focal point for any media, sponsor or fan-related interest — unlike an NHL team, for example, which could theoretically send anyone on its 23-man roster to fulfill off-ice team duties.

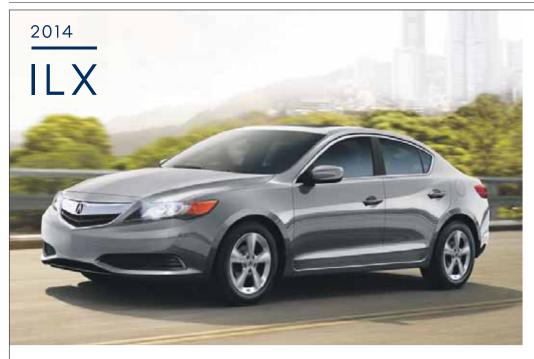
But don't get the impression that those activities are a burden to Hinchcliffe. He enjoys them, and he's good at them.

He is a natural spokesperson and very approachable and personable. At the Honda event, he mingled with everyone the entire day.

Well, at least until it was time to put in a hot lap in a Civic Si, to give journalists a lap time to aspire to on the track.

I didn't even try. I opted for the other option: riding shotgun with Hinchcliffe.

He showed me that, although there are lots of fast grooves on the racetrack for amateur drivers to enjoy, there is always a waaaaay faster groove out there reserved for the pros.



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metronews.ca wednesday, July 23, 2014

# Easy riding to the end of the road

Yamaha FZ-07. Naked new sport bike is good-looking and handles like a dream along the B.C. coast

### MARISSA BAECKER

drive@metronews.c

It isn't always easy to find the right words to describe a new motorcycle, but after three days with the 2015 Yamaha FZ-07, the words that come to mind are fun and exciting.

The made-in-Japan FZ-07 is a good-looking naked roadster with an edge, offering standard straight-up sport bike ride.

It is the third addition to the FZ family joining the FZ6R and FZ-09.

Starting at \$7,299, the lightweight, entry-level sport bike is aimed at everyone from the novice or step-up rider to the experienced.

The bike comes in three

colours: white, matte grey and lipstick red (Yamaha calls it vivid red).

Even though many of the male journalists expressed interest in the red one, once I called it the lipstick bike, it was all mine.

We opened throttle on the Vancouver Island Highway just as the Canadian Air Force Snowbirds passed overhead in a training flight. But the men were already gone, using all 75 hp available from the 689-cc, liquid-cooled, parallel twin engine.

While the swarm of bees rode in formation focusing intently on the pavement, I took in more of the scenery. Motorcycles often take me to places I have never been and I am interested in soaking up all the hidden secrets.

At slightly faster than the posted speed, I casually glanced at my tach and was surprised to be approaching the 10,000 r.p.m. redline, but not yet running out of power.

In fact, even though the bike has a six-speed (overdrive) transmission, I didn't use the final gear and barely needed fifth gear in the straight stretches.

Highway 28 out of Campbell River offered ample twists and turns. I navigated the next 100-plus kilometres with the swarm of bees always just around the corner.

Here is where the 07 truly shines. Each gear ranges from 3,000 to 6,500 r.p.m., making it effortless to ride, as you don't need to change gears as you change speed. I simply rolled off the throttle approaching a bend and rolled back on as I exited.

After riding past thundering waterfalls and rock faces, I came out of the woods and into a clearing at Muchalat inlet, where I literally ran out of road. Wow! Another incredible destination I would never have seen if I hadn't been on a bike.

A small marina housed a few fishing boats, a float plane marked Air Nootka and a couple of tugs to haul logs. I guess you could say this was officially the middle of nowhere and it was beautiful.







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### AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

### **↑** Aries

March 21 - April 20

If you listen to what others say you will likely learn something to your advantage today. The Sun in Leo means there are opportunities coming your way.

### **Taurus** April 21 - May 21

If the stresses of life are getting to you, take an hour out of your schedule and sit somewhere quiet where you can refresh both your body and mind.

### **∐** Gemini

May 22 - June 21

There is no point worrying about how you are going to make ends meet. You know from experience that something always comes up.

### **9** Cancer

June 22 - July 23

Look ahead to where you would like to be a month or even a year from now and start doing the things that can make it happen. The more you focus on the goals, the more likely they are to come about.

### € Leo July 24 - Aug. 23

The most important thing now is that you keep reminding yourself that all things are possible. You alone create the path you take through life and you alone are responsible for it.

When you come back to it later,

### **W** Virgo

Aug. 24 - Sept. 23 You may have a brilliant idea but don't do anything with it yet. Let it simmer for a while.

it will have matured.

### **△** Libra

Sept. 24 - Oct. 23

Life is meant to be enjoyed and that is exactly what you will be doing over the next few days. Others will be attracted by your positive vibes.

### **Scorpio** Oct. 24 - Nov. 22

If you pay attention to what a friend tells you today, you will learn something to your advantage. At the very least you will avoid making the same kind of mistake.

### **✓** Sagittarius Nov. 23 - Dec. 21

The only danger now is that with so many marvelous things going on you could let down your guard and let others make decisions that are profitable for them but costly for you.

### り Capricorn

Dec. 22 - Jan. 20

You're entitled to your opinion and to be heard but if you think everyone is going to agree with you chances are that you will be very disappointed.

### **≫ Aquarius** Jan. 21 - Feb. 19

Be nice to those you meet and do business with today. You are going to need their help over the next few weeks. Kind words will go a long way towards winning over important people.

### H Pisces

Feb. 20 - March 20

If someone says something hurtful about you today don't take it too seriously. Most likely they are just having a bad day and need to let off steam.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

33

52 53

43

### Across

1. Beach lotions' 15 and 30, e.g. 5. Streetside eatery

9. Swaved 14. monde (High society)

15. Amongst 16. Fleshy-snouted

animal 17. Contraption cartoonist Mr. Goldberg

18. Flatbread variety 19. Actress Ms. Christensen

20. Pres. Obama's country

21. Canada is the world's largest exporter of what crop?: 2 wds.

23. Prairie fruits, Saskatoon

bit hungry, 25. "l actually."

26. Entirely 27. Fictional Manitoba

town in Margaret Laurence stories

32. Trans Canada 35. "Long to \_\_over us / God save The

Queen." 36. Cartoonist Mr. Keane

37. Mr. Malden 38. Irish writer Oscar 39. Bandar \_\_ Bega-wan (Brunei's capital) 40. Vintage flicks

American channel 41. Fixes

42. "Tall Tall Shadow" by Canadian songstress Basia 43. Ottawa's NBL Canada team

45. Standard 46. Ike's WWII arena 47. Hockey goaltending great, Ed \_\_\_, born

in Carman, MB 51. Ontario scene of the annual Elvis Festival

56. Wildebeest 57. Aerosmith hit with

55

18

Alicia Silverstone in the vid'

58. Grate 59. Ms. Drescher 60. Ms. Sevigny

61. Organic compound

62. Ernie and 63. Charter

64. Trait carrier 65. Doctrines **Down** 

62

1. Bush 2. Hesitate 3. 2002 Canadian

mockumentary 4. Fr. holy woman 5. "Bon Cop, Bad Cop" (2006) director,

Erik

6. Stockpile 7. Italian car 8. John Diefenbaker's first wife 9. Oprah's longtime

love 10. Poland's capital

11. "I just baked ...said the baker 12. Greek Myth: Winged goddess

Diplomagetter, briefly

21. Pepper 22. Array

24. Stairway feature

27. Blends 28. Assists

13.

29. Biblical brother 30. Isabella.

Canadian country sonastress

31. Dismounted

32. Concert-goers' li'l purchases

33. Magazine \_\_\_

34. Canadian

(Military force) 35. Skater's spot 38. Trophy-getting

team's shout!: 2 wds. 39. Ride the waves

41. "Young & Lazy" by Vancouver band

The \_\_ 42. \_\_ Eagle 44. Charioteering sun

god 45. Barbra Streisand

song 47. Higgs \_\_, 'The God Particle<sup>®</sup>

48. Monsters 49. Take away

weapons 50. Smallest litter

puppies 51. Gladiator's 350

52 "What's Hecuba to him \_\_ to Hecuba..." - Hamlet

53. Oasis song 54. "Dharma &

55 Decline

59. "The X-Files" org.

### Yesterday's Crossword

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See today's answers at metronews.ca/answers



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	3	5	6	8	1	2	4	8
4	1	9	2	3	5	7	6	8
2	8	6	4	7	9	5	1	3
8	5	2	1	9	6	4	3	7
1	6	7	3	4	2	9	8	15
9	4	3	7	5	8	1	2	6
5	7	4	8	2	3	6	9	1
3	2	1	9	6	7	8	5	4
6	9	-8	5	1	4	3	7	2

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